

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		10am Activating Flow Yoga with Carla (GS) 6:30pm Kripalu Yoga & Sound with Stephanie (SH) 8pm Inner Dance Evolution	9am Yoga Vinyasa Flow En Espanol with Daniela (GS) 6:15pm Meditation & Breathwork 7:30pm Kundalini Yoga with Stephanie (SH)	10am Yoga Vinyasa Flow En Espanol with Daniela (GS) 6:30pm Yin Yoga with Taimy (SH)	10am Meditation with Sofia 10am Vinyasa Yoga with Nani (GS) 11am Cold Plunge with C (GA) 11:45am Slow Flow Healing Yoga with Carla (SH) 12:30pm Acro Yoga	10am Stretch & Flow Yoga with Taimy (GS) 11:15am Yoga Vinyasa Flow En Espanol with Daniela (SH) 6pm Sunset Yoga with Melissa (SH)
10am Hatha Yoga with Taimy (GS) 6:30pm Hatha Yoga with Stephanie (SH)	10am Hatha Yoga with Micaela (GS) 6:30pm Power Yoga with Jessica (GS) 7:30pm Psychic You	10am Activating Flow Yoga with Carla (GS) 6:30pm Kripalu Yoga & Sound with Stephanie (SH)	9am Yoga Vinyasa Flow En Espanol with Daniela (GS) 6:15pm Meditation & Breathwork 7:30pm Kundalini Yoga with Stephanie (SH)	10am Yoga Vinyasa Flow En Espanol with Daniela (GS) 6:30pm Yin Yoga with Taimy (SH)	10am Meditation with Sofia 10am Vinyasa Yoga with Nani (GS) 11am Cold Plunge with C (GA) 11:45am Slow Flow Healing Yoga with Carla (SH) 12:30pm Acro Yoga	10am Stretch & Flow Yoga with Taimy (GS) 11:15am Yoga Vinyasa Flow En Espanol with Daniela (SH) 6pm Sunset Yoga with Melissa (SH)
10am Hatha Yoga with Taimy (GS) 6:30pm Hatha Yoga with Stephanie (SH)	10am Hatha Yoga with Micaela (GS) 6:30pm Power Yoga with Jessica (GS)	10am Activating Flow Yoga with Carla (GS) 6:30pm Kripalu Yoga & Sound with Stephanie (SH)	9am Yoga Vinyasa Flow En Espanol with Daniela (GS) 5pm Give Miami day 6:15pm Meditation & Breathwork 7:30pm Kundalini Yoga with Stephanie (SH)	10am Yoga Vinyasa Flow En Espanol with Daniela (GS) 6:30pm Yin Yoga with Taimy (SH)	10am Meditation with Sofia 10am Vinyasa Yoga with Nani (GS) 11am Cold Plunge with C (GA) 11:45am Slow Flow Healing Yoga with Carla (SH) 12:30pm Acro Yoga 2pm Thyroid Self-Healing Workshop with Light of Joy Healing	10am Stretch & Flow Yoga with Taimy (GS) 11:15am Yoga Vinyasa Flow En Espanol with Daniela (SH) 12pm ThanksLiving 2pm Puppy Yoga 6pm Sunset Yoga with Melissa (SH)
10am Hatha Yoga with Taimy (GS) 6:30pm Hatha Yoga with Stephanie (SH)	10am Hatha Yoga with Micaela (GS) 6:30pm Power Yoga with Jessica (GS) 8pm Inner Dance Evolution	10am Activating Flow Yoga with Carla (GS) 6:30pm Kripalu Yoga & Sound with Stephanie (SH)	9am Yoga Vinyasa Flow En Espanol with Daniela (GS) 6:15pm Meditation & Breathwork 7:30pm Kundalini Yoga with Stephanie (SH)	10am Yoga Vinyasa Flow En Espanol with Daniela (GS) 6:30pm Yin Yoga with Taimy (SH)	10am Meditation with Sofia 10am Vinyasa Yoga with Nani (GS) 11am Cold Plunge with C (GA) 11:45am Slow Flow Healing Yoga with Carla (SH) 12:30pm Acro Yoga	10am Stretch & Flow Yoga with Taimy (GS) 11:15am Yoga Vinyasa Flow En Espanol with Daniela (SH) 6pm Sunset Yoga with Melissa (SH)
10am Hatha Yoga with Taimy (GS) 6:30pm Hatha Yoga with Stephanie (SH) 7pm Full Moon Ceremony	10am Hatha Yoga with Micaela (GS) 6:30pm Power Yoga with Jessica (GS) 7:30pm Psychic You	10am Activating Flow Yoga with Carla (GS) 6:30pm Kripalu Yoga & Sound with Stephanie (SH)	9am Yoga Vinyasa Flow En Espanol with Daniela (GS) 6:15pm Meditation & Breathwork 7:30pm Kundalini Yoga with Stephanie (SH)	10am Yoga Vinyasa Flow En Espanol with Daniela (GS) 6:30pm Yin Yoga with Taimy (SH)		